



MALTA UNIVERSITY CONSULTING

COURSE INFORMATION SHEET

Short Course on Grief and Bereavement

Date of Issue:
September 2021

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| Who should attend: | Caregivers, care workers, educators, and other professionals and employers who would like to better their knowledge on grief and bereavement. | | |
| Course Duration: | 12 hours | Time: | 5:30 – 7:30pm |
| Dates: | Wed 20 th ; Mon 25 th ; Wed 27 th October; Mon 1 st ; Wed 3 rd ; Mon 8 th November 2021 | | |
| Delivery: | 230 Works Business Centre, Eucharistic Congress, Mosta | Course Registration Fee: | €99 |

Aim and Contents of the Course

Grief and bereavement are universal experiences. This course will enable participants to obtain a general understanding of grief and bereavement and the meaning making process. Participants will learn how to support individuals across age groups at various points in the grieving process and to recognise when outside help is needed as well as the need for self-care.

Course Outline

Sessions:

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| ✓ Grief and Bereavement: An Introduction | ✓ | Meaning Making Process |
| ✓ Grief Across Age Groups | ✓ | Preparing for Significant Dates |
| ✓ Supporting the Bereaved and Bereft | ✓ | Caregiver Self-Care |

Learning Outcomes:

- ✓ Obtain a general understanding of grief and bereavement.
- ✓ Identify different types of loss and different types of grief.
- ✓ Identify and understand the behaviour of grieving individuals and common reactions to grief and loss across age groups.
- ✓ Understand the impact of grief across age groups.
- ✓ Understand how individuals progress through the grieving process and proceed to meaning making.
- ✓ Recognise when outside help is needed.
- ✓ Identify resources to help the bereaved and bereft.
- ✓ Identify possible triggers and provide support.
- ✓ Identify caregiver needs and ways to self-care.

Course Trainers

Ms Catherine Smith, B.Psy (ODU), P.G.Dip. Systemic Family Psychotherapy, MA T.Couns. (Melit) is a doctoral candidate at the University of Malta, a practicing transcultural counsellor, and a full-time research officer in the Department of Counselling at the Faculty of Social Wellbeing, University of Malta. In the last twenty years, Ms Smith has worked across various local and overseas social field settings. Her experience includes working with children and adolescents in care and schools, victims of domestic violence and their families, as well as children and adults with intellectual disabilities and their families. As a counsellor, Ms Smith supports the personal and professional development of clients from all walks of life, including those presenting with issues of grief and bereavement.

Certification

Upon successfully completing the course with 80% attendance, attendees will receive a certificate of attendance from Malta University Consulting Ltd.

General Information

For online registration [click here](#).

Cheques are to be made payable to Malta University Consulting Ltd

Registration can also be done by emailing the [Registration form](#) to: maria.bugeja@muhc.com.mt

For further information, kindly contact: Malta University Consulting Ltd, Robert Mifsud Bonnici Street, Lija.

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